



Sharnbasveshwar Residential Public School

Appa Public School

Doddappa Appa Independent PU College of Science

KALABURAGI

in joint collaboration with



celebrate



International Day of YOGA

In the benign presence of

Poojya Dr. Sharnbaswappa Appa

Mahadasoha Peethadhipati, Sharnbasveshwar Samsthan, Kalaburagi
President, Sharnbasveshwar Vidya Vardhak Sangha, Kalaburagi

&

Sri Lingarajappa Appa

Managing Partner, Srinidhi Enterprises, Kalaburagi

Chief Guests

Sri Dattatraya C. Patil Revoor

MLA, Kalaburagi South, Kalaburagi

Sri Devayya Guttedar

Resident Editor, Vijay Karnataka, Kalaburagi

Guest of Honour

Dr. Ramakrishna Reddy

Administrator, Doddappa Appa Independent
PU College of Science, Kalaburagi

Yoga Demonstration

Sri Subhashchandra

Yoga Practitioner, Kalaburagi

Kumari Shradha Patil

International Yoga Practitioner
SBR Composite PU College, Kalaburagi

In the gracious presence of

Sri N.S. Devarkal

Principal, SBR Public School, Kalaburagi

Date : 21-06-2017, Time : 7-00 am, Venue : SBR School Ground, Kalaburagi

Parents are cordially invited with their Children

Common Yoga Protocol

प्रार्थना

ॐ संगच्छध्वं संवदध्वं
सं वो मनांसि जानताम्
देवा भागं यथा पूर्वे
सज्जानाना उपर निचे करना



Prayer

Sangachhadhwam samvadadhwa
Samvomanaansi jaanataam
Devaabhaagam yathaapoorve
Samjanaanaa upaasate

Sadilaja (Loosening Practices)

Neck Bending : Forward & Backward



Neck Bending : Right & Left



Neck Twisting : Right & Left



Neck Rotation



Shoulder Stretching



Shoulder Rotation



Trunk
Movement



Knee Movement



Standing Postures

Tadasana
(Palm Tree
Posture)



Vrkshasana
(The Tree
Posture)



Pada-hastasana
(The hands to
feet posture)



Ardhachakrasana
(The half-wheel
Posture)



Trikonasana
(The Triangle
Posture)



Sitting Postures

Visrasana



Bhadrasana



Vajrasana



Ardhaushtrasana



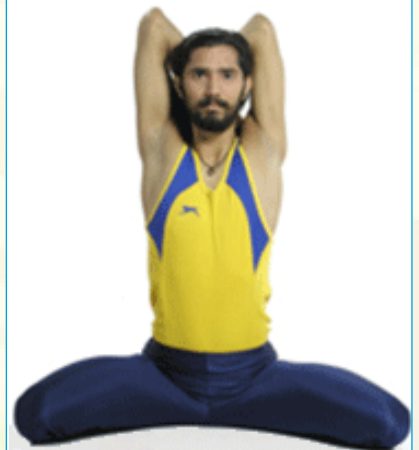
Ushtrasana



Sasankasana



Uttandukasana



Vakrasana (A)



Vakrasana (B)



Prone Postures

Makarasana



Bhujangasana



Shalabhasana



Supine Postures

Sethubandasana



Uttanpadasana



Ardhahalasana



Pawana Muktasana



Shavaasana



Pranayam

Kapalbhati



Anuloma
Vinuloma



Sheetali



Bhramari



Dhyana
Meditation



Pledge (Sankalp) &

SHANTI MANTRA

Om Sarve Bhavantu Sukhinah
Sarve Santu Nir-Aamayaah |
Sarve Bhadraanni Pashyantu
Maa Kashcid-Duhkha-Bhaag-Bhavit |
Om Shaantih Shaantih Shaantih ||

* Participants are requested to get their yoga mat